

39DollarGlasses.com - PD Ruler

Measuring your PD (Pupillary Distance) is so simple!

1. Best if printed on thicker/firmer paper at **actual size**.
DO NOT "resize" or "shrink to fit" on your printer settings. When you print this page, the ruler in Fig. 1 should line up perfectly with any ruler you have.
2. Cut the ruler template along the solid outer line, then fold along the dotted line.
3. Place the ruler template over the bridge of your nose (see Fig. 2) and write down the PD values you see for each eye.

You can either have a friend face you and read the PD values, or you can read them yourself looking in a mirror.

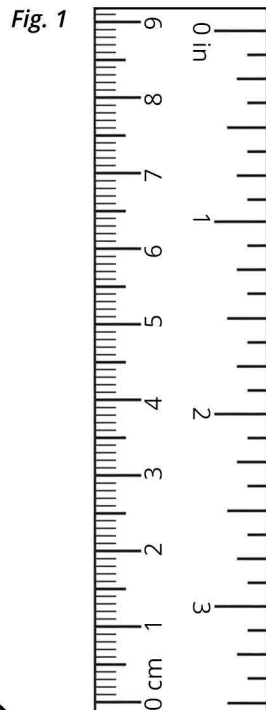


Fig. 2

